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MAKE WAY FOR PROGRESS

ANCIENT BUILDINGS COLLAPSING FROM THE CLOUDS CAPTURE ARTIST
LIU JIAHUA'S ANXIETY OVER CHINA'S BREAKNECK DEVELOPMENT. **P.4**

北京青年报
BEIJING YOUTH DAILY

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FEATURE



Photo by CFP

Hunters Head Abroad in Search of Game

BY DIAO DIAO

For many Chinese tourists to North America, extravagant shopping trips are no longer the top attraction. The wealthiest are finding adventure in aerial hunting.

Li Jinyou, a Chinese hunting and shooting coach, told *World Journal* that most of the thrill seekers favor shooting from a Black Warrior 407 helicopter that cost 4.7 million yuan. Hourly rental fees for most helicopter hunts start from 2,000 yuan.

Even US media have reported on the trend of Chinese hunters occupying American cabins. Several agencies in California are courting Chinese tourists with travel packages that include transportation, firearm rental and training, and the gutting and cooking of trophies, *Chinanews.com* reported.

Hunting in China

In China, amateur hunting is a regulated sport that focuses more on the physical exercise and tracking aspects of the hunt. Hunters only pursue an animal to prove they have the skill to find the opportunity for a kill shot.

Hunters who follow through with a kill and collect trophies are considered "professional" hunters by Chinese standards.

Liu Guolie, a Chinese American who made his fortune by running supermarkets, introduced the sport of trophy hunting to China in the early 1980s.

Beijing News interviewed Liu in 2011, 27 years after he took his first 100 hunters to China to develop the market. Liu's interest in trophy hunting began with his retirement in 1974. While traveling the world, he participated in several African hunting events and took an interest in the sport. In 1984, Liu teamed up with a Korean company to develop hunting activities in Heilongjiang province.



Photo by Blw.org

After meeting with hunters and learning about the available game – local red deer, boar and roe – Liu began preparing for a trial hunt in Harbin. He took his detailed plan to the Top 10 hunters in the US to China. Soon, both the hunters and their guns were on the mainland.

The first 10 hunters returned home with their prey, and Liu began working with the Wildlife Conservation and Nature Reserve Management Division of the State Forestry Administration to expand the number of hunting sites in China.

By 1987, Gansu province opened the hunting of its argali, a kind of wild sheep. In 1990, Xinjiang opened Burqin County for argali hunting. In 1992 and 1993, the provinces of Sichuan and Shaanxi opened hunting of their sambar deer and antelope.

All hunting activities were allowed only during tightly regulated hunting seasons, and hunters were only allowed to bag male animals. Most interested hunters paid between \$100,000 and \$150,000 for their hunting trips in China.

Given the price, it wasn't long before China's aspiring hunters decided to head abroad.

Overseas Hunting

In 2012, *Guangzhou Daily* reported on how some Chinese people were spending 500,000 yuan to go on a polar bear hunt.

Guangzhou Daily reporters found that more than 100 Chinese people had gone abroad to hunt. Canada and Africa were the preferred destinations.

An American named Lu Bin was the first to explore the potential market of taking Chinese people to hunt abroad. Lu took his first large group of Chinese hunters to South Africa in 2009.

Lu Bin told *Guangzhou Daily* his clients fell into two categories – veteran hunters seeking a new experience and rich newbies coming from the public or private sectors.

Hunting trips featured on Lu Bin's website cost anywhere from 59,800 yuan to 498,800 yuan for destinations throughout Africa, North America, South America, Oceania and Europe. Package prices include access to high-end facilities, customized services and any relevant permits to bag the desired animal.

The sport is gradually opening to more segments of Chinese society as travel agencies create new packaged trips that are priced according to animal.

Trips focused on common animals – wild boars, ducks, rabbits, coyotes and other small game – cost 40,000 to 50,000 yuan for a five-night trip to America. Hunters seeking more exotic game such as elephants, elk, lions, leopards and tigers can expect to spend more than 100,000 yuan.

A spokesman for a Nanjing travel agency surnamed Qi told *Beijing Youth Daily* reporters that the absolute cheapest hunting trip cost 30,000 yuan, including accommodations, transportation, coaching, guns, bullets and insurance. The agency helps the traveler to obtain all necessary permits and certificates.

A Beijing-based agency said hunters preparing for a trip are given some basic firearms training before leaving China. Training abroad is often more focused on safety and learning the local hunting regulations.

Voices

Pan Caifu, a commentator at China National Radio, told *Radio.cn* that hunting is safe for the environment as long as participants follow the rules of relevant hunting organizations and conservation agencies.

But China itself is a poor choice for a hunting location due to poorly thought out laws and a lack of public awareness of conservation efforts, he said.

China has only recently started to step up its regulations to rein in its citizens' abusive hunting practices abroad.

The State Forest Administration announced on October 15 that from October 16, 2016, the country would prohibit hunting enthusiasts from bringing home any trophies containing ivory. ■

MUSIC



Muppet's Sound a Search for Control

BY DIAO DIAO



Photos by Muppet

Muppet was born in a local music school when students Ju Jian and Daodao decided to put on a show for new students in 2010. With a bit of passion, they quickly snapped up their lead singer Yuan Yuan, drummer Gao Wei and bass player Lu Haotian.

Like many local bands, Muppet pulls together talent from all over China. Unlike many Beijing bands, that talent has held them together through five years of pressure.

The band's name is a nod to how little control young musicians have over the lives – especially when Chinese parents rear their heads.

“Right now, we're too young to have any control over our lives. We hope one day we can get rid of our strings and poles and realize our own value,” he says.

Muppet's sound is the kind of rock, blues, reggae and jazz mash-up that betrays a search for something original and unique. Creating music really requires some knowledge of all styles, especially the ones you don't like, Daodao says.

“It's like creating a culture. You have to put everything together and let it clash until it can condense into something new. You see what works,” he says.

The members' obsession with music goes back to childhood. By the age of six, Ju was glued to any TV station that would play music.

“I would sit in front of the TV for hours waiting for the theme of a particular movie or a popular song to come up,” he says. “I remember one song kept my attention even after I'd watched in rotation for several days.”

But at that time, his musical knowledge was almost non-existent. He planned to learn bass but ended up learning guitar after buying one and not realizing there was any difference.

Ju's parents hoped his musical fascination was simply a hobby until he says the

seven words every Chinese parent dreads: I want to go to music school. After bitter arguments that pitted the future he wanted against the future his parents had already decided for him, Ju ended up in a music school in Beijing.

Daodao's road was no less awkward.

In his last year in high school – all good kids are supposed to be cramming for the Gaokao – Daodao suddenly decided to turn his hobby into a profession.

He went to Guangzhou for training classes and was crestfallen to learn how utterly behind his classmates he was, given most had years upon years of professional training. No matter how hard he worked he was always the last in his class.

Although he did manage to gain admission to the Xinghai Conservatory of Music, Daodao gave up the chance to study there and came to Beijing to seek other artists.

“I can't remember anything that has ever been so special in my life. I'm finally looking forward to what will happen tomorrow. I think the most special thing in my life is I'm in this band,” Daodao says.

Singer Yuan Yuan may have the most formal music training in the band. By kindergarten she was singing, and in middle and high school she was involved in chorus.

Yuan says there were more people on the stage than in the audience at the band's first three shows. She found hope when an old man in the audience came up to give her flowers after one show.

Muppet's Douban Station features a quote from Herman Hesse's *Demian: The Story of Emil Sinclair's Youth* as a reminder that people exist to find their destiny and realize it. That has become the band's motto.

Muppet says listeners can expect the band's debut album in 2016. ■

site.douban.com/muppet/

LIVE SHOW ROUNDUP

Beijing boasts one of the world's most vibrant indie music scenes. Support our local artists with a trip to one of this week's live performances!

Nanwu @ MAO Live House

Nanwu regards itself as the lonely night in the endless darkness. It's been two years since the last Nanwu session. During that time, Nanwu rehearsed many songs they never performed on stage before. Some of the fan favorites are also on the song list.

9-11 pm, November 20
111 Gulou Dong Dajie, Dongcheng
60 yuan (pre sale), 80 yuan (at door)

December @ 69 Cafe

December is a three-person post rock band from Tokyo. The band is often late to win attention for its work, just like how December arrives at the end of the year. In the five years since December was founded, the band has only released two EP albums: *Credo* and *Torso*. Although there are only three members, the band's music is rich in style and different moods.

9:30-11 pm, November 21
109 Nan Luoguxiang, Dongcheng
60 yuan (only 100 tickets)

DNA Jazz Trio @ Jianghu Bar

DNA is a trio comprised of bassist Daniel Callaghan, saxophonist Nathaniel Gao and drum player Alex Morris. DNA performs improvisational music that spans a wide range of styles and places emphasis on group interplay and dynamics. Gao is a graduate of New York University's music program with a degree in Jazz. Morris graduated from Oberlin College Conservatory and settled down in Beijing in 2010 to cooperate with famous Chinese singers. Callaghan is one of the best double bass players in Ireland.

November 21, 9-11:30 pm
7 Dongmianhua Hutong, Dongcheng
40 yuan

SLEEP PARTY PEOPLE



Sleep Party People @ Yugong Yishan

Sleep Party People is a psychedelic rock band from Denmark. The members are known for wearing rabbit masks on stage. Founded in 2008 by the vocalist and keyboard player Brian Batz, the band's style is similar to Boards of Canada, David Lynch and Eric Satie. In 2009, the band signed with A: Larm Music and released its debut album. Sleep Party People is touring China for the first time.

9-11 pm, November 20
3-2 Zhangzizhong Lu, Dongcheng
80 yuan (pre sale), 120 yuan (at door)



ARTISTS



Back to Utopia No.1



Flood Tides



The Dune No.2



Red City No.5



Hunting No.2

Artist's Floating World Inspired by Urban Anxiety

BY SHU PENGQIAN



Red City No.12

China is modernizing: wide, paved boulevards are replacing the muddy and narrow lanes that have connected the country for thousands of years. On either side of these modern roads shabby homes give way to high-rise apartments.

After a century of shame, China's breakneck pace of modernization is a point of national pride. But to make way for progress many of the China's most distinguishing features are being flattened and paved over.

Anxiety over that loss motivates Liu Jiahua, an artist born in Sichuan province in 1979. Liu's paintings take buildings with China's ancient architectural features as their subject.

In the three painting series – *New Metro*, *Overwhelmed Metro* and *Encircled Metro* – the buildings are suspended aloof, standing in the sky or collapsing from the clouds.

"In each of these paintings, the buildings have multiple meanings," Liu says. "They stand for both the vanishing architecture of ancient China and a symbol of our cultural heritage." The images are a strong criticism of mass urbanization born of Liu's own introspection.

Liu is a longtime lover of traditional Chinese culture. He frequently blends Chinese traditional objects with his own creations, drawing on decorative knots and other folk arts.

Cranes, a symbol of the divine and immortal in ancient literature, appear frequently in Liu's *Back to Utopia* painting series. The series draws on Liu's childhood memories, which in spite of the name were anything but an objective utopia.

"If there is a real utopia, I think it's a spiritual world that humans can never build or paint," Liu says.

A *Solidified Moment*, Liu's latest creation, focuses less on architecture than capturing a pervasive gray that sucks the color out of modern city life.

When appreciating the paintings at first glance, viewers may think they are simply landscapes. But observing carefully, viewers can find the static scenes hide something. *The Dune 2* appears to be a painting of bare stones and trees, but seen from another angle it becomes a human face. *Flood Tides* appears to show a violent flood sweeping away a house, but seen again it is a massive hand.

Liu is currently developing a new series called *A Solidified Moment*.

"This time, I feel like I am being guided by a mysterious power," Liu says.

Like many current artists, Liu grew up with a paintbrush in his hand. "I would paint until it was midnight when I was a little boy," Liu says. "In some way, painting took me into another planet where I could touch the timeless."

His art teacher gave him confidence to pursue art as an actual career. Liu met the white-haired, bespectacled teacher in 1992 and at first glance assumed he was a scientist. When the teacher walked into the room, he walked up to the blackboard and wrote one sentence: "Art is a profound discipline which has endless things to teach, and you need to learn them all."

Although the impression stuck with Liu forever, the teacher would only guide him for a semester before choosing to retire.

"But before he left, he told me I should try my best to enter a good art college," Liu says.

He did.

Today, that teacher is one of the many people to whom Liu owes his career, as well as the Swedish art collector who was the first to buy one of Liu's paintings in 2006. ■

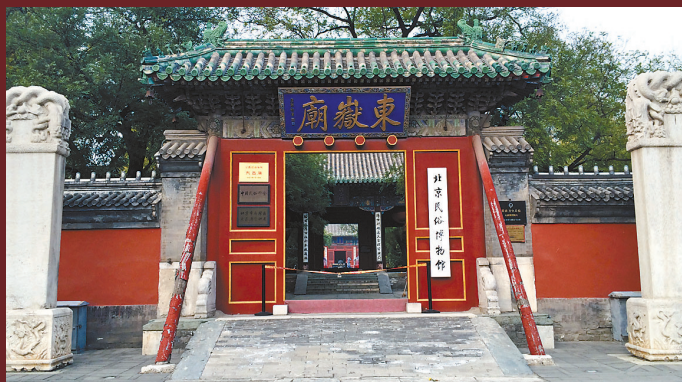


Liu Jiahua

liujiahua.arttron.net/works

刘建华 (weibo.com/u/2215382010)

A TRAVEL



Spirituality and Bureaucracy Meet at Dongyue Temple

BY SIMINA MISTREANU



China's spiritual renaissance of the past few decades has reopened many temples and integrated them into visitors' routes and locals' routines. Some of Beijing's most famous temples hold daily ceremonies and attract scores of tourists and believers.

The Daoist temple Dongyue Temple is both a part of this bubbly resurgence and a quiet outlier. Located by the busy commercial area of Yabolu, the quiet Dongyue Temple is one of the most overlooked yet fascinating temples in Beijing.



Photos by Simina Mistreanu

A Tumultuous History

Dongyue Miao was built in 1319 during the Yuan Dynasty and dedicated to the God of Mount Tai. The temple follows the Zhengyi school of Daoism, which emerged during the Tang Dynasty (AD 618-907) and is characterized by rituals of purification and abstinence, notifying deities of merits, submitting offerings and documents to heaven.

The temple was rebuilt several times in its history but failed to achieve popularity before the Qing Dynasty. According to an Old Beijing folk story, it was only after the last Ming Dynasty Emperor Chongzhen cursed the neighboring Sanguan Temple that Dongyue began to enjoy attention.

Today, the Sanguan Temple – or more properly Daci Yanfu Gong – lies half-demolished and swallowed into a Chinese Communist Party *danwei* while Dongyue carries on.

During the Cultural Revolution, the Dongyue Temple was gutted for use as a school, government office and community housing. The temple was declared a national treasure in 1996 and restored in 2002.

Bureaucracy of Heaven

Dongyue Miao's most striking feature is its 76 "departments" of the Daoist bureaucracy, each of which is populated by plaster deities and supernatural

creatures. The departments are hosted in chambers surrounding the temple's main courtyard. In front of each chamber is a moneybox, providing visitors the chance to curry favor with their choice of coin or incense.

The departments cover almost anything imaginable, from Longevity and Bestowing Happiness to Betrayal and Punishment. There's a Department for Preservation of Wilderness, where pious men hold a goose, a fish and a rabbit; a Department of Rain Gods, populated by an old man meditating with a lotus flower on his head, and a creature that's half-frog, half-human; and an Animal Department featuring a busty pig.

For those with indelicate intentions, there's a Department for Implementing 15 Kinds of Violent Death, which among other figurines includes a beheaded creature standing upright; a Department of Hell, guarded by Ox-Head and Horse-Face; and a Plague-Performing Department, with individuals who appear to be suffering.

The departments almost comically mirror China's own governmental bureaucracy. The Department for Recording Merits passes the information to the Rewarding Department for Merits, which in turn passes individual records to the Department for Increasing Good Future and Longevity or the Department for Raising Descendants.

For the corrupt politicians, there's a Department of Official Morality, right next door to the Department of Confiscating Unwarranted Property.

Especially for families with children, the plaster statues can be a fun way to learn about the governing principles of Daoism, which include doing good deeds and living in moderation and in harmony with nature and society.

Dongyue Temple has more to offer than deities and monsters. The temple is home to a tablet written in 1704 by Emperor Kangxi of the Qing Dynasty. The emperor described, in Manchu and Chinese languages, the effort to rebuild the temple after a fire in 1689. Many smaller tablets populate its "tablet forest." Most mark contributions to the temple by trade societies and families during renovation periods.

Visitors can also perform Daoist rituals such as burning incense, giving offerings, writing wishes on small red charms and hanging them onto an old locust tree. They can also rub the Bronze Wonder Donkey and the White Jade Horse in the main courtyard for good luck.

The temple's north structure houses the Beijing Folk Custom Museum. During Chinese festivals, the temple and the museum host joint fairs and events. ■

- ➦ Dongyue Miao, 141 Chaowai Dajie, Chaoyang District, Beijing
- 🚌 Take Line 2 to Chaoyangmen and walk east along Chaoyangmen Outer Street; or take Line 6 to Dongdaqiao and walk west along the same road
- 💰 10 yuan
- 🕒 8:30 am-4:30 pm; closed on Mondays



ENTERTAINMENT

Shanghainese TV Neuters Itself to Survive



BY DIAO DIAO

China's prime time – the “Badiandang” – runs from 8 pm to midnight. For those four hours, most people are returning home from work and turning on the TV to relax.

A decade ago, the prime time period was dominated by dramas set in Beijing or shaped by Beijing sensibilities. But during the last three years Shanghai has taken over the capital's TV turf.

Shanghai's rise marks a return to the early 1990s, when Shanghai-based series such as *Weichang*, *Nie-zhai* and *The Woman Who Survives Winter* transported viewers into the city's iconic alleys.

Beijing-based shows barely registered during the prime time hours before *I Love My Home* debuted in 1995.

Eager to win back their place, the directors of Shanghai series went back to the drawing board. They threw the Shanghai dialect and Shanghai-accented Chinese and replaced the dialogue with more standard pronunciation. While that did attract a few more viewers, it also woefully alienated the shows' home audience.

As Shanghai productions languished, their displaced actors and actresses flocked to the capital to further their careers in Beijing's booming drama industry.

Zhang Kang'er, a Shanghai actor and director, told Tencent Entertainment that the diverse market required a new approach.

“Any show with a strong local character will have a hard time resonating with viewers across the country,” Zhang said.

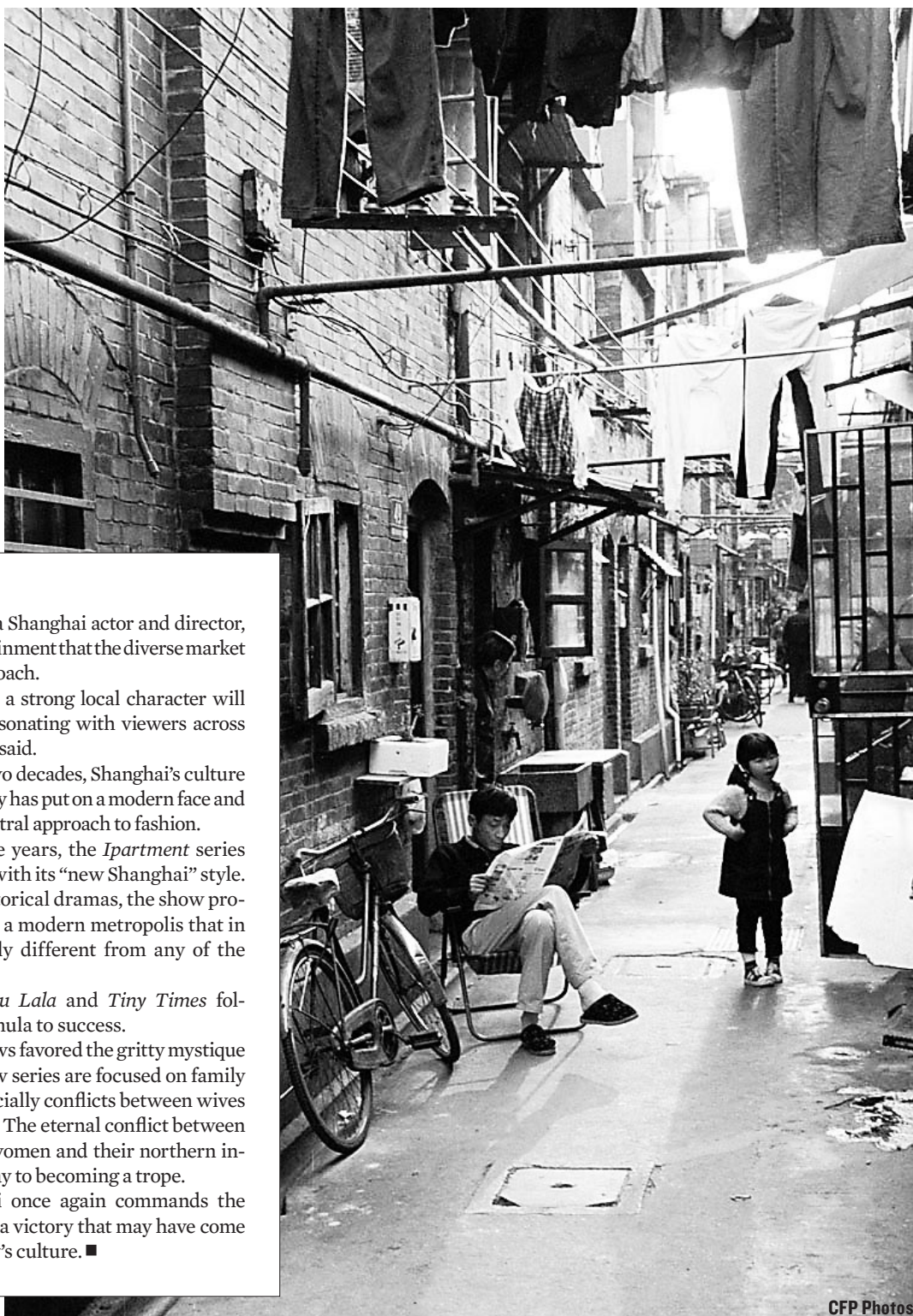
But in the last two decades, Shanghai's culture has changed. The city has put on a modern face and adopted a locale-neutral approach to fashion.

For the past five years, the *I Apartment* series impressed viewers with its “new Shanghai” style. Compared with historical dramas, the show propels the viewer into a modern metropolis that in the end isn't terribly different from any of the world's big cities.

Promotion of Du Lala and *Tiny Times* followed a similar formula to success.

While older shows favored the gritty mystique of Old Shanghai, new series are focused on family relationships – especially conflicts between wives and mothers-in-law. The eternal conflict between married Shanghai women and their northern in-laws is well on its way to becoming a trope.

While Shanghai once again commands the prime time spot, it's a victory that may have come at the cost of the city's culture. ■



CFP Photos

Bi Shumin Leads People to Warmth and Light

BY DIAO DIAO

Bi Shumin, popularly known as China's “angel of literature,” published her new book, *Life Needs Warmth and Light*, in November. The work appeals to the chronically depressed to seek hope before suicide.

Born in the Xinjiang Uygur Autonomous Region in 1952, Bi joined the army at the age of 17 and spent 11 years training as a combat medic.

When she arrived in Beijing and had the chance to choose her own studies, Bi decided to pursue a career in medicine while studying for a master's degree in Chinese at Beijing Normal University.

After 20 years as a doctor, Bi embarked on a writing career in 1987. She has published more than 2 million words to date.

1987 was the year of Bi's debut book *Kunlunshang*, a collection of heavy and depressing short stories. She followed up her

collection with the novels *Red Prescription*, *Save the Breasts*, *Female Psychologist* and *Flower Surgeon*.

After that heavy debut, Bi began exploring other themes with articles that drew on her psychological experience. *Life Needs Warmth and Light*, another of her books, marked a soft and encouraging turn.

The book related many experiences from her medical career, as well as short narratives about small animals and plants that offered readers happiness in small doses.

Readers praised Bi's work, noting that her psychological training helped her to craft words that would be simple and yet comforting and encouraging.

In addition to the new book's obviously warm cover, the volume is peppered with colorful pages designed to offer a relaxing break from the black and white text. ■



Photos by CFP & douban.com

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Q CLASSIFIEDS

ART



SAMPLE 9: Clash of Mediums

Cross-disciplinary action is an essential part of experimentation in any medium. Artists push the boundaries of their disciplines and mediums while creating. In this exhibition they are given free rein to experiment in space and form.

Meridian Space is presenting their works while musician Li Xin Yu sets the mood for the last performance of the manifest. The exhibition will show works by Beijing-based artists Muted Rainbow, Elsie Yi Shen and Garcia Frankowski.

☞ meridian-online.com/zh

⌚ 6-7:30 pm, November 21

➤ Meridian Space, Dongsì and Dengshikou Building 8, C&C Park, 77 Meishuguan Hou Jie, Chaoyang

COMMUNITY

BIBS WINTER
BAZAAR
青苗冬月市集
2015/11/28

BIBS Shunyi Campus
青苗顺义校区



BIBS Winter Bazaar 2015

Join the BIBS annual Winter Charity Bazaar to be held on November 28 from 11 am to 4 pm at the BIBS Shunyi Campus. This event is a non-profit function, in which all proceeds will be donated to cooperating NGOs.

Join BIBS in supporting worthy causes as it showcases a variety of vendors: foods, drinks, toys, candies, books, souvenirs, gifts, wine and decorations.

The event will feature live performances, music, a raffle, a visit from Frosty the Snowman and more.

The BIBS Winter Bazaar is open to all.

⌚ 11 am - 4:30 pm, November 28

✉ linshi@bibs.com.cn

☎ 13901387766

➤ Beanstalk International Bilingual School (BIBS), Primary School, Area 2, Upper East Side, 6 Dongsihuan Bei Lu, Chaoyang



Western Academy Charity Bazaar

Bring friends and family to the annual WAB Charity Bazaar, and don't forget to bring a shopping bag! Find wonderful and unique gifts, exceptional raffle prizes, Roundabout books, the Parent Link bake sale and international food and beverage vendors - all while enjoying local talent. It's the perfect atmosphere for a fun family day.

This year's bazaar beneficiary is Chinese Orphans Assistance Team (COAT). COAT was established in 2002 by an Australian couple and supports disabled and orphaned children in Henan Province with both foster care and the Xi Wang Le Yuan School. For more information, search for "COAT" - Eagles Wings China Project - Sunday Night (Channel Seven Australia)" on YouTube.

In addition to COAT, the bazaar supports the girls of Educating Girls of Rural China (EGRC), through the sale of hand-crafted Angel ornaments, and the Children of Madaifu farming community, through apple sales.

⌚ 10:30 am - 3:30pm, November 21

✉ charitylink@wab.edu

☎ (010) 5986 5588

➤ Western Academy of Beijing, 10 Lai-guangying Dong Lu, Chaoyang

DINING



Thanksgiving Day Special Delicacies @ Crowne Plaza Beijing Lido - Craft

Craft at the Crowne Plaza Beijing Lido is inviting diners to enjoy its special delicacies for Thanksgiving Day! We will offer Thanksgiving foods throughout Thanksgiving week: Turkey sandwiches, Turkey panini, pumpkin bread, pumpkin pie and oven-roasted corn.

In addition, Craft is presenting three exquisite Thanksgiving sets on the Thanksgiving Day: a Turkey sandwich set, Thanksgiving dinner set and Thanksgiving family set priced 98 yuan, 188 yuan and 588 yuan.

Gather your loved ones to enjoy Thanksgiving special delicacies at Craft and make this Thanksgiving memorable!

⌚ 11 am-11:30 pm, multiple dates

➤ Crowne Plaza Beijing Lido, Bldg A, 6 Jiangtai Lu Chaoyang

💎 98 to 588 yuan

American Thanksgiving Dinner by Lily's

We also Takeaway Whole Roasted US Imported Turkey's for RMB 109/kg
www.LilysAmericanDiner.com
(Nov. 26 - Nov. 29)

Adult 159RMB (including a glass wine)	Child 119RMB (including a glass juice)
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For Reservations and Bookings call: 13146427090
13681524886

American Thanksgiving Dinner by Lily's

From November 26 to 29, enjoy a traditional Thanksgiving dinner for 159 yuan per adult (including a glass of wine) and 119 yuan per child (including a soft drink or juice) at all three Lily's American Diner restaurant locations.

For those wanting to enjoy dinner at home with friends and family we deliver whole roasted US imported turkeys for 109 yuan per kilogram. Sides are 25 yuan per person and include homemade stuffing, mashed potatoes, sweet potatoes, vegetables, cranberry sauce and gravy.

⌚ 11 am - 9:30 pm, multiple dates

➤ Lily's American Diner, Unit 2-18, Bldg 2, Tianzhi Jiaozi, 31 Guangqu Lu, Chaoyang (northeast corner of Shuangjing Qiao)

☞ LilysAmericanDiner.com

☎ 13146427090

MUSIC

The Beijing Underground Showcase #2
21/11/2015
2015年11月21日
From 4PM to Midnight
从下午4点到12点

Dj Oshi
Horse Radio (Two Horses Duo)
Nakoma
Djang San + Band 張思安
Noise Arcade
Charm
Little Punk 小朋克
Orange Bud
J个

Tickets/门票
70/50

The Beijing Underground Showcase 2

Organized by music veteran and pioneer of the scene Djang San, the Beijing Underground showcase collects the best of the

Beijing music scene.

The first edition of the showcase, held in January 2015, drew more than 300 music fans.

This edition is more of a homage to the foreigners who have been supporting the scene for many years - people like Josh Feola (Charm, The Subs, Chui Wan), Morgan Short (Little Punk, Boys Climbing Ropes, DJ Compact Dicks), DJ Oshi (The Drop), Peter Stone (Orange Bud, Panjir, Gemini), Djang San (The Amazing Insurance Salesmen, Djang San + Band), Nico and Linda from Nakoma, as well as Noise Arcade.

All will be playing at the showcase, making it the first event to reunite so many local legends on the same day.

⌚ 4 pm-midnight, November 21

➤ DDC (Dusk Dawn Club), 14 Shanlao Hutong, Dongcheng

💎 70 yuan (at door); 50 yuan (pre-sale)

YEN Live 'N' DJ

LIVE ROOM
ACTS: RADIO MARS, ELVIS.T, NOIZOME AND MORE!

DJ ROOM
DJS: MICKEY ZHANG, YANGBING, OSHI, DIM SUM DISCO (CRYSTAL BONES)

2015.11.21 SAT MODERNSKY LAB

YEN Live 'N' DJ

Eleven years on, YEN is presenting a new annual event: YEN LIVE 'N' DJ.

With all the amazing music coming out of China, YEN has been eager to showcase some of its favorite performers - not only DJs, but also musicians of yore.

With this perfect marriage of live acts and DJ magic, the event offers something for everyone.

This November 21, at the brand new ModernSky Lab in Galaxy SOHO,

Radio Mars and Elvis.T will be teaming up to take over the live stage, as Mickey Zhang, Dio, Oshi, Dimsum Disco and other friends of YEN dominate the DJ stage on November 21.

LUSH staff will be manning the bar, serving up some of the best drinks you've ever tasted and providing much-needed fuel to dance the night away. Be on the look out for premium YEN x KON gear - special edition T-shirts, bags, knit caps and more.

⌚ 9 pm-5 am, November 21

➤ ModernSky Lab, Rms 8&10, Bldg 6, 22 International Art Street, Pingod Apartments, 32 Baiziwan Lu, Chaoyang

💎 100 yuan (advance)/130 yuan (regular)

☎ 13688451424

FOODS

Low Calorie Foods for the Cozy Season



BY WANG YAN



Photo by Meituan.com



Photos by nicpic



Photo by Douguo.com

Autumn and winter are the right season to get cozy at home. But days indoors can be dangerous – both to your social life and your waistline. But that is not to say one should cut back on eating. China has an old saying, “Human beings are iron, and food is steel.” Eating healthy is extremely important.

We’ve picked out a few readily available foods that are low in calories and high in nutrition – perfect for winter.

Kelp: 12 calories/100g

Kelp is rich in mannitol, a kind of sugar alcohol that protects the kidneys. The ocean plant also promotes digestion and is considered a good vegetable for people who are trying to slim down. Food experts say the best kelp is green and comes with a layer of white powder on top of it. Kelp without any kind of powder or a yellow tone is considered to be of poor quality.

Papaya: 27 calories/100g

Papaya is a common fruit in China and very popular among Chinese eaters. It is said to reduce fat and boost the metabolism. Papayas contain significant amounts of fiber, folate and the vitamins A and C. They are also relatively low in calories, making papayas a good choice for those looking to lose weight. A good way to add papaya to your winter recipe is to have it mixed in your morning smoothies or to use it in a salad. Some also serve it with chicken and fish.

Bitter Melon: 19 calories/100g

Bitter melon, also known as bitter melon, is a unique vegetable-fruit that can be used as food or medicine. Although considered the most bitter among all fruits and vegetables, it is still a helpful food. The melon contains a chemical that acts like insulin

to reduce blood sugar levels. Although it tastes bitter, and that might turn some people away, the melon can be made palatable. The melon is commonly added to stir-fries or stuffed. It can also be added to the diet as a supplement.

Chinese Chives: 26 calories/100g

Chinese chives, also known by their Japanese name nira, contain large amounts of vitamin and fiber. Those elements promote movement in stomach and are said to be helpful for constipation. Although the vegetable has an unpleasant taste, it contains sufficient plant fiber, minerals and vitamins that are helpful to the human body. Chive dumplings are popular among Chinese, and barbequed chives are also ordered at some restaurants.

Cucumber: 15 calories/100g

Cucumbers are very common and popular in China. In China, they are usually eaten as salad mixed with sauce. The vegetable contains vitamins K and B, which are believed to help people release stress. The vegetable contains a wide range of minerals and can help prevent many of the nutrient deficiencies common among modern people. ■

Dear Kaka Offers Meals for Calorie Counters

BY WANG YAN

It's no myth that modern people live in a world that cares about image and appearance. While most people strive to stay fit and healthy, fitness experts say exercise only accounts for 30 percent of one's ideal image.

The rest comes down to healthy eating.

It's not easy to eat healthy in China since most of the Chinese dishes are served drowned in oil. Nevertheless, there are options in the city for those who are determined enough to look.

Located on the east side of Chaoyang Soho, Dear Kaka is a restaurant that helps diners to control their calorie intake.

The restaurant serves lunch sets and desserts made from fruits and honey rather than simple sugar.

For lunch sets, the restaurant serves healthy brown rice instead of white rice and cooks each dish with the least oil possible. Selected meats are lean cuts of beef, chicken breast and seafood.

Customer reviews on Dianping.com awarded Dear Kaka with five stars. Many said they came to the restaurant hoping to watch their weight and left surprised by how tasty and affordable the food was.

Most lunch sets with desserts are priced from 30 to 50 yuan. ■



MAKE YOUR OWN WITH THIS RECIPE

Learn to Make Tomato Fish Soup

BY WANG YAN

Soup is the best comfort on chilly winter nights. Nothing tastes better than a bowl of hot broth. Good soup warms both the heart and bones, and this easy recipe can help you to make your own delicious fish soup.

Ingredients:

- ☐ 1 crucian carp
- ☐ 1 tomato
- ☐ 100g lettuce
- ☐ salt
- ☐ 10g scallions
- ☐ 10g ginger
- ☐ 2g black pepper
- ☐ white vinegar



Photo by douguo.com

The Steps:

1. Wash the carp. Heat up your wok, add the oil and fry the fish on both sides until it turns yellow.
2. Cube the ginger and scallions. Add the ginger and scallion cubes to the wok.
3. Add water and a few drops of vinegar.
4. Boil the fish for 30 minutes over a medium flame.
5. Slice the tomato, and add it to the soup.
6. Add the lettuce, salt and black pepper, and continue to boil for 2 minutes. Serve.



Photo by dianping.com

Dear Kaka Restaurant

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